

Avoid JUNCS

Over the last two decades there has been an increasing trend of consumption of fast food and sugar sweetened beverages (fruit juices and drinks, carbonated drinks, energy drinks) in Indian children. Easy availability, convenience, palatability, working parents, attractive presentation, catchy advertisements, low cost, and vigorous marketing strategies are considered the major factors for high consumption of these products. In view of easy availability and increasing trend of consumption of fast foods and sugar sweetened beverages (fruit juices and drinks, carbonated drinks, energy drinks) in Indian children, and their association with increasing obesity and related non-communicable diseases a new acronym 'JUNCS' foods, to cover a wide variety of concepts related to unhealthy foods.

- **J-** Junk foods (foods high in fats, especially saturated and trans-fats, sugars and salts, and foods lacking in micronutrients/minerals)
- **U-** Ultra processed foods
- **N-** Nutritionally inappropriate foods. Home-made foods can also qualify to be nutritionally inappropriate if prepared in recycled oil, or contain high amount of sugar, fat or salt.
- **C-** Caffeinated/ colored/ carbonated beverages
- **S-** Sugar sweetened beverages

The major adverse effects related to intake of fruit juice and fast foods are obesity and its associated complications, dental caries, allergies, micro-organism contamination leading to infections, and risk of cancer due to carcinogenic and allergenic properties of some food additives. As per National Family Health Survey 2015-16, the number of people with obesity has doubled over last 10 years in India; with an increasing trend of being overweight in children and adolescents. Energy drinks also

caffeine content leading to neurological and psychiatric symptoms, and cardiac dysrhythmias.

Guidelines and Recommendations:

- Avoid consumption of the JUNCS foods and beverages by all children and adolescents, as far as possible.
- Alternatively, limit consumption of the JUNCS foods at home/outside and suggest to have not more than one serving per week; serving not exceeding 50% of total daily energy intake for that age.
- Do not consume foods while watching television/screen.
- To eliminate trans-fat and reduce free sugars to <5% of total energy intake.
- Freshly cooked home foods with minimal addition of sugar and no trans-fats should be preferred over restaurant/packaged foods.
- Traditional and acceptable home-made snacks with long shelf-life can be offered to children as alternative to the JUNCS foods.
- Lunch boxes packed only with healthy food should be carried to school if school does not have provision of providing healthy mid-day meal.
- The JUNCS food should not be offered as reward/gift to any child as this gives undue promotion to unhealthy foods.

Reference:

INDIAN PEDIATRICS-VOLUME 56, OCTOBER 15, 2019. Images for representation purpose only.



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Importance of Wearing a Mask

- With more than 64 million cases, using a mask is necessary in order to stop the spread of the virus from an infected person and protect those who are around them
- A mask itself won't help in keeping away the SARS-CoV-2 virus. It needs to be used in conjunction with other safety measures namely hand hygiene, the physical distancing of at least one metre, avoidance of touching one's face, respiratory etiquette, adequate ventilation in indoor settings, testing, contact tracing, quarantine and isolation.
- It is important to either be outdoors or in well-ventilated areas indoors because the virus can spread easily inside. According to the CDC, the risk of being infected with the SARS-CoV-2 virus in enclosed areas is 18.7 higher than outdoors and can also cause super spreader events to occur. Superspreader event is when one infected individual infects an "unusually high" number of people in their proximity causing multiple secondary cases
- Health care workers need to wear medical masks in non-aerosol generating procedure and wear N95 respirators, if they are available, in aerosol-generating procedures. In hospitals, everyone needs to wear masks and this applies to visitors, staff, patients, and also in common areas like the cafeterias and staff rooms.

Advice for children

- The WHO has stated that children upto five years do not need to wear masks if they are infected for 'source control'. source control is an old term used to control ongoing

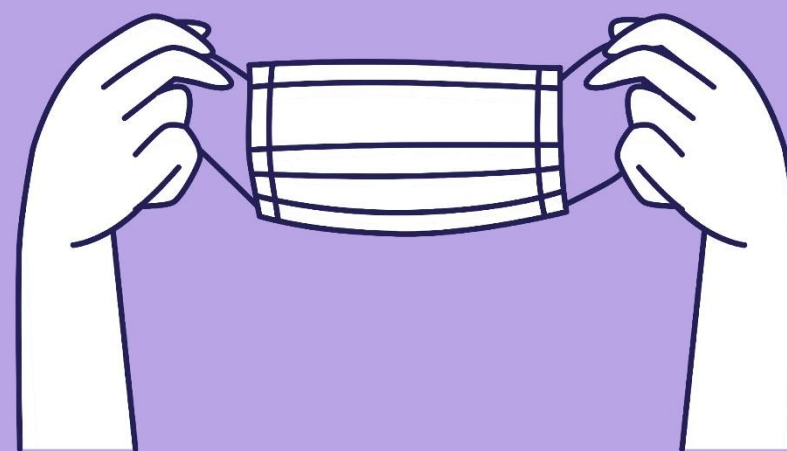
infection. It involves all the "physical actions taken in the process of care to control" an infection and reduce the "favourable conditions that promote microorganism growth.

- For children who are between the ages of six to 11, wearing a mask depends on if they actually understand how to properly wear and if there are adults around to supervise, how intense the transmissions is in the area if there are elderly people around, etc.
- The rules for children and adolescents 12 years and older follow the same as those for adults. But exceptions can be made for children with compromised immunity, paediatric patients with cystic fibrosis or diseases like cancer and for children who are specially-abled

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NO MASK



NO FOOD

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Here are a few reminders from the WHO:

The elderly and those with health issues should always wear a medical mask when the physical distance of atleast one meter is not being maintained.

Caregivers of those who are suspected or confirmed to be infected should wear a mask when they are in the same room as the patient.

Homemade masks should be three-ply with the outermost layer made of a material that repels water and the innermost layer made with a material that can get wet with water. The middle hydrophobic layer should be made with a material that "has been shown to enhance filtration or retain droplets."

Do not use masks with an exhalation valve.

Factory-made fabric masks should have proper filtration, be breathable and fit properly.

Ensure that the mask covers the mouth and nose and minimize any gaps between the face and the mask.

Always perform hand hygiene

Replace the mask if it becomes damp or wet.

Do not re-use single-use masks and dispose of properly.

Do not remove your mask while talks and don't share masks

Reference: WHO-Latest update on wearing the masks



galat mat peheno

please wear your mask properly

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